

## SELF-EVALUATION FORM

Name: \_\_\_\_\_

Class Period: \_\_\_\_\_

**Directions:** At the end of the period, use the scale to rate your quality of motivation during the period. Record the rating in the boxes below.

Rating	Description
0	Apathetic throughout the entire period
1	Motivated a little bit of the period
2	Motivated about half of the period
3	Motivated for most of the period
4	Motivated throughout the entire period

Mon	Tues	Wed	Thur	Fri

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